

EDMONTON  
**metro**

**Cavern**  
 cheese • wine • beer • espresso  
 780.455.1336  
 thecavern.ca  
 10169 - 104 street

**Ka-changing to MintChip**  
 Loose change may go the way of the penny as digital currency passes a new milestone **PAGE 8**

**YOU'RE SAYING I SOLD MORE THAN WHO?**  
 WHEN STATUS QUO IS OUTSELLING KANYE ALBUM, WHAT WOULD A BANNER YEAR FOR J. COLE LOOK LIKE? **PAGE 10**

You have 32 teeth, we have more than 32 ways to improve your dental health.

Dental advice you can understand.

**THIRTY TWO DENTAL**

Book Now!  
 32dental.ca 780-428-2331

General Dentists Dr. William J. Sharun and Dr. Jaimee Buchkowsky



## TIMBERLAKE TURNS IT UP

Justin Timberlake opens the 2014 leg of his 20/20 Experience World Tour to a sold out crowd at Rexall Place on Monday night. He will hit the stage again at Rexall on Tuesday night. CANDICE WARD/FOR METRO

# Fare evasion on public transit on the decline

**Pay up.** 10,572 tickets were handed out by peace officers in 2013



**STEPHANIE DUBOIS**  
 stephanie.dubois@metronews.ca

Even with Edmonton Transit checking more and more riders, the system is seeing a smaller percentage of riders attempting to skip out on the fare.

Last year the city saw 13,128 violations on public transit, a slight increase from two years ago, which had 12,853 violations. But city officials say the number of riders checked by peace officers for fare evasion increased substantially as well, with 330,000 people spoken to in 2012, and more than 450,000 people checked in 2013.

"Out of those 450,000 plus

passengers, really the percentage is less of people evading fares than what it was in 2012," said Glen Davis, security administrative coordinator with the city.

Continuing patrols on a daily basis by peace officers on Edmonton transit on both the platforms and in the LRT cars are just some of the ways the city is working to keep fare evasion low, said Davis.

Patrolling during the evening, afternoon and night, there are on average eight officers per shift checking for fare evaders, a number that hasn't increased since the security department's last hiring back in 2010.

Penalties for failing to pay a transit fare was increased back in 2011 after city council voted to increase it from \$140 to \$250.

Violations within the public transit system can refer to both tickets and fare evasion events,

according to city officials.

The number of tickets peace officers did hand out in both 2012 and 2013 didn't differ substantially, with 10,294 tickets given two years ago and 10,572 tickets handed out in 2013.

"When you calculate all of the percentages, we made some pretty good gains from 2012 to 2013. We're pretty happy with the results of that," said Davis.

As a regular user of public transit, Transit Union of Edmonton spokesperson Brandon Van Alstine has seen few fare evaders.

"I think I've maybe been on the train four or five times when I've seen somebody caught without one. In general, I don't think I've seen anybody get ticketed," he said.

Fare evasion curbing efforts will continue in 2014, with no plans to modify their peace officer patrols at this time.

← 2,080 litres of →

**SPACE**  
 SPACE SPACE  
 SPACE SPACE SPACE SPACE

2014 RAV4 AWD Limited  
 Shown: \$32,860 MSRP

Fold down RAV4's rear seats and you'll have enough cargo space to fit almost anything.

**RAV4** Starting from \$23,870<sup>1</sup>

**TOYOTA**  
 toyota.ca

<sup>1</sup>MSRP of \$23,870 is for a new 2014 RAV4 FWD LE (2FREV7). MSRPs do not include freight and PDI (\$1,690), license, insurance, registration, applicable taxes, AC charge, levies and fees.



**WHEATON**  
Honda

# NEW YEAR, NEW HONDA

**2013 Honda Fit LX** STK#8036  
Model#GE8G50ES



**2013  
CLEAROUT  
ON NOW!**

**2014 Honda Pilot Touring Edition** STK#X6438  
Model#YF4H9DKN



**\$50,431**

PLUS **\$2,000**  
RECEIVE A CASH INCENTIVE\*

**2013 Honda Civic LX Automatic** STK#X2123  
Model#FB2F4DEX



**\$20,940**

PLUS **\$2,000**  
RECEIVE A CASH INCENTIVE\*

**2014 Honda CR-V LX AWD** STK#N2535  
Model#RM4H3EES



**\$29,972**

PLUS **\$2,000**  
RECEIVE A CASH INCENTIVE\*



**HOURS**

Monday - Thursday 9-9 | Friday & Saturday 9-6

**WheatonHonda.com**

9688-34 AVE. (Auto Row) 780.463.7888 • 1-866-463-7885



Vehicles may not be exactly as illustrated. Subject to availability. Taxes extra. Manufacturer to dealer incentive. Programs subject to change. Offer ends January 31, 2014.



## 2012 incident

### EPS officers charged with assault

Two EPS members are facing assault charges stemming from an incident in September 2012.

Const. Barry Fairhurst, a nine-year veteran of the force, and Const. David Olsson, who has two years' experience, were charged with assault on Monday.

The service's professional standards branch conducted the investigations after a complainant came forward alleging excessive and unlawful force was used during an arrest.

EPS is not commenting on the incident, but the two constables remained assigned to operational policing. **METRO**

## Mild flooding

### City prepared for warm-up

With several days of warm weather in the forecast, the city's drainage department said it's prepared for the mild flooding that will come with it.

Environment Canada has a forecast calling for balmy conditions all week, reaching a high of 12 C on Saturday. City drainage director Derek Melmoth said he doesn't expect too much of a challenge.

"It will only really affect the arterials and the collectors. Those are the only ones that actually have pavement exposed," he said.

Melmoth said they will clear catch basins if big puddles occur, but they don't do it proactively because it causes other problems such as potential freezing.

**RYAN TUMILTY/METRO**

## Iveson remains optimistic LRT funds are coming

Mayor Don Iveson says despite comments from Premier Alison Redford that the city should re-examine its priorities to build LRT he is still optimistic the government will step up.

"The province overall does have a strong commitment to transit. We just need to sort out the timing and actually get it to show up in future budgets," he said.

He said because the \$1.8-bil-

lion project is so large, simply moving money around won't get the project rolling.

"You would have to un-fund basically the rest of the budget to fund LRT and that would have consequences," he said.

Iveson said he hopes the province will commit to the project and to long-term funding for transit in its coming budget, but they will need an answer soon.

"If we are still having this debate in three or four months' time then we will likely lose another construction season."

City spokesperson Quinn Nicholson said scaling back the project is also problematic, because if it doesn't reach Mill Woods it won't be as effective.

"That reduces a lot of your ridership and a lot of the justification for the line to exist in the first place." **RYAN TUMILTY/METRO**



A conceptual drawing shows the proposed line arriving in Churchill Square, which would be the end point for the project. **COURTESY CITY OF EDMONTON**

## Air Canada grounds soldier's service dog

### PTSD. Pug-schnauzer-terrier Snoopy trained to deal with anxiety

An Alberta soldier with post-traumatic stress disorder says she's disappointed Air Canada wouldn't allow her dog on board a plane as a service animal.

Sgt. Shirley Jew said the airline told her PTSD isn't recognized as a disability that requires a service dog. Staff told her she'd have to travel with her pug-schnauzer-terrier Snoopy as a pet — for a \$50 fee.

"I never thought I would be treated like a third-class citizen like I was with them. It

was a slap in the face," Jew said Monday after taking a different flight from Edmonton to Toronto on WestJet.

She said WestJet let Snoopy fly for free.

Air Canada refunded Jew's ticket and, in a statement, apologized, calling the matter a "misunderstanding."

"Air Canada does have a policy in place to accept service animals of passengers with disabilities. These disabilities are not limited to physical disabilities," said the statement.

Jew said she was diagnosed with PTSD in 2012, after serving three tours overseas. She got Snoopy last spring and the dog helps calm her down when she gets anxious or angry.

**THE CANADIAN PRESS**



Sgt. Shirley Jew and her service dog Snoopy. Jew, an Alberta soldier with post-traumatic stress disorder, says she's disappointed Air Canada wouldn't allow her dog on board a plane as a service animal. **CANADIAN ARMED FORCES/THE CANADIAN PRESS**

1 NEWS



**EDMONTON'S NEWEST PRE-OWNED DEALERSHIP**  
FORMERLY MILLWOODS SUZUKI

- OVER 100 PRE-OWNED CERTIFIED VEHICLES TO CHOOSE
- 99% GUARANTEED APPROVAL – APPLY @ [AutoLoanEdmonton.ca](http://AutoLoanEdmonton.ca)

### MISSION STATEMENT

**QUALITY AND VALUE COME FIRST • INTEGRITY • CUSTOMERS ARE OUR FOCUS • TEAM WORK  
SERVICE – CERTIFIED REPAIR CENTRE FOR A VARIETY OF MAKES AND MODELS**

**[WWW.REVOLUTIONAUTOANDTRUCK.COM](http://WWW.REVOLUTIONAUTOANDTRUCK.COM)**

3403 - 93 STREET EDMONTON • AB • (AUTO ROW) • 780-450-4500



## Homeless for a Night. Annual event no more

The annual Homeless for a Night event is no more as Youth Empowerment and Support Services (YESS) officials gear up for a replacement event.

Decreasing donation amounts over the past few years prompted event officials to stop the Homeless for a Night event before it no longer became a generous fundraiser.

"In best practice, we wanted to catch it before it really, really took a slump," said Freddy Damani, communications coordinator with YESS.

Last year's fundraiser drew in about \$80,000 for the non-profit during its seventh year of the event, which has dropped from previous years.

"It was a great event, we loved it, but we have to do the best for our kids; we have to make sure we come up with the best options," said Damani.

The non-profit is replacing Homeless for a Night



YESS, which among other services operates a medical clinic, has decided to cancel its Homeless for a Night event. METRO FILE

with a pledge-based fundraiser called The Backpack Project.

Using an online app, the fundraiser will ask participants to choose one of six YESS identities to guide them through a simulated week of life on the street. Prior to the official launch of the app, registered users can collect pledges, which earn them online bonuses. It will launch Mar. 7.

STEPHANIE DUBOIS/FOR METRO

### Gunpoint crimes

#### Man charged for series of robberies

Solomon ZeMichael Teklie, 39, has been charged in connection to three violent robberies that happened in north Edmonton on Saturday. Police were first called to an incident where a car owner was held at gunpoint and had their vehicle and smartphone stolen. Ten minutes later, police responded to a robbery at gunpoint at a financial institution, which was quickly followed by another gunpoint robbery nearby. METRO

### County lands

#### Coalition group forms to oppose Edmonton proposed annexation

A group of Leduc County businesspeople, land-owners and residents have come together to form an official opposition group to the City of Edmonton's proposed annexation of county lands. Leduc County Mayor John Whaley said the group helps balance the political discussions. STEPHANIE DUBOIS/FOR METRO



Dr. Ze'ev Gross plans to launch a pilot project to connect the unemployed with support services to help get them back into the workforce. LEAH GERMAIN/METRO

## Edmonton doctor hoping to get people Back to Work

**Vicious cycle.** Physician looking to break down cycle of people losing work due to illness

LEAH GERMAIN  
Metro in Edmonton

An Edmonton doctor is looking to give people in need a helping hand getting back to work.

"As a medical professional, we know work and health are intertwined," said Ze'ev Gross, a family physician in north Edmonton.

Gross, who immigrated to

Canada from Israel in 2009, is looking to launch a pilot project to link people with health issues to support services to help find them work.

"We know that people who are not so healthy are more prone to leave the work circle and those who go out of the work circle tend to deteriorate in their health," he explained.

The idea behind the Back to Work program is to break what Gross calls a vicious cycle.

Gross said he was inspired to start the program after seeing many patients that are affected by being unemployed.

"Everything is connected," he said. "I noticed once we

make a real step (forward) for health, (people) start to feel they regain their energy."

The project will start with a pilot group within a few months to gauge how the initiative works, Gross said.

"We can measure the success after six months," he said. "From there on, the idea is to make it viral."

Gross said he plans to turn the project into an online resource, comparable to a dating site.

"It is going to be working on the mindset of the people," he added. "It's not enough to create the opportunity (for a job) if the person is not ready."

For more information, email Gross at zvgross@gmail.com.

### Quoted

"We know that people who are not so healthy are more prone to leave the work circle and those who go out of the work circle tend to deteriorate in their health." Edmonton physician Dr. Ze'ev Gross

# Pet Expo

Buy Your Tickets at [PetExpo.ca](http://PetExpo.ca)

## January 25 & 26

Edmonton EXPO Centre Hall A  
Sat: 10am - 6pm | Sun: 10am - 5pm

- Lots Of Animals To Visit, Including Dogs, Cats, Reptiles, Rabbits & More!
- Exciting Dog Sport Demos.
- Ask A Vet Panel.
- A Variety Of Products And Services For You And Your Pet.
- Charitable Support To The Animal Cancer Therapy Subsidization Society.
- Building A Strong Community Of Pets And People.

\* All promotions subject to change without notice.

\$12.00 General Admission (12+) • \$10.00 Children (ages 5 - 11)  
\$34.00 Family Pass (2 General Admission and 2 Child Tickets)

VISIT  
**club**  
metro  
.COM  
TO ENTER

To register and for full contest details visit [clubmetro.com](http://clubmetro.com)



# It's Auto Show Season. 3 Payments Waived.

For a limited time, take advantage of these great offers.



## THE 2014 B 250. TOTAL PRICE<sup>1</sup>: \$33,140\*\*

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$298*	3 months
60 Months	45 Months	\$6,190* Down	payments waived <sup>2</sup>

<sup>1</sup>Taxes extra.



## THE 2014 C 300 4MATIC™ AVANTGARDE EDITION SEDAN. TOTAL PRICE<sup>1</sup>: \$44,890\*\*

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$358*	3 months
60 Months	39 Months	\$8,400* Down	payments waived <sup>2</sup>

<sup>1</sup>Taxes extra.



## THE 2014 C 250 AVANTGARDE EDITION COUPE. TOTAL PRICE<sup>1</sup>: \$47,390\*\*

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$468*	3 months
60 Months	39 Months	\$7,540* Down	payments waived <sup>2</sup>

<sup>1</sup>Taxes extra.



Ask us about Prepaid Maintenance.  
Mercedes-Benz.ca/PPM



Mercedes-Benz

**The David Morris Difference:**  
Great Selection. Warm Viewing.

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2014 Mercedes-Benz Canada Inc. 2014 B 250 with Sport Package/2014 C 350 4MATIC™ Avantgarde Edition Sedan/2014 C 350 Avantgarde Edition Coupe shown above. National MSRP \$32,500/\$52,800/\$54,850. \*\*Total price of \$33,140/\$44,890/\$47,390 includes freight/PDI \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires of up to \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. <sup>2</sup>First, second and third month payment waivers are capped for the 2014 B 250/2014 C 300 4MATIC™ Avantgarde Edition Sedan/2014 C 250 Avantgarde Edition Coupe up to a total of \$1,200/\$1,350/\$1,350 (including taxes) for lease programs and up to a total of \$1,800/\$1,950/\$1,950 (including taxes) for finance programs. Payment waivers are only applicable on the 2014 B-Class, C-Class Coupe and C-Class Sedan models. \*Lease offers based on the 2014 B 250/2014 C 300 4MATIC™ Avantgarde Edition Sedan/2014 C 250 Avantgarde Edition Coupe available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$298/\$358/\$468 per month for 45/39/39 months. Down payment or equivalent trade of \$6,190/\$8,400/\$7,540 plus security deposit of \$300/\$400/\$500 and applicable taxes due at lease inception. MSRP starting at \$30,500/\$42,250/\$44,750. Lease APR of 2.9%/2.9%/2.9% applies. Total obligation is \$19,872/\$22,733/\$26,273. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term and a finance APR of 0.9%/0.9%/0.9% and an MSRP of \$30,500/\$42,250/\$44,750. Monthly payment is \$469/\$614/\$687 (excluding taxes) with \$5,630/\$6,865/\$7,115 down payment. Cost of borrowing is \$634/\$830/\$928 for a total obligation of \$33,746/\$43,692/\$48,290. Vehicle license, insurance and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends January 31, 2014.

## Health care. Costs should be made available to patients: Hospital CEO

Watching *Breaking Bad* — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musy, CEO of Windsor Regional Hospital, thinking about how little Canadians know about the cost of their health care.

Musy, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately \$50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musy asked in an interview.

In a report to his hospital's board of directors, Musy suggested people should be provided with a summary of all their Ontario Health Insurance Plan charges on an annual basis, or when a patient leaves a hospital.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musy.

The New Democrats "love" the idea of letting people see their OHIP charges on a website. "They are taxpayers' dollars and we should know how much money was spent for the service that we got," said NDP health critic France G  linas.

The Progressive Conservatives also support giving patients accurate information on how much their care costs.

Musy said he's pretty sure of one thing: "If *Breaking Bad* was a Canadian or an Ontario series it would have been over in one episode because Walter White would have gotten his chemo without charge and would have gone into remission and the series was over.

"It wouldn't have gone on because he wouldn't have had to turn to a life of crime to pay for it." **THE CANADIAN PRESS**



## Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon, at his family farm near Sderot, southern Israel, on Monday. Israel said its last farewell to Sharon on Monday with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at the farm. **ARIEL SCHALIT/THE ASSOCIATED PRESS**

### Controversy

## Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix, among a new batch of cardinals selected Sunday by Pope Francis, spoke out Monday against the proposed Parti Qu  b  cois legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference when asked about the charter, a document tabled last fall by the minority PQ government.

"People are every day more afraid of each other. Instead of bringing us together and bringing our cultures together and sharing the richness of who we are, we're starting to build walls and be afraid of each other." **THE CANADIAN PRESS**

We'll help you make "finding a new job" the resolution that actually sticks.

Search from over 650 new jobs posted every day.

Need help starting the year off right? We have the best tips and tools to motivate you in achieving your career goals. No matter how ambitious. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis

**WORKOPOLIS**

"Number one job site" based on six-month average online job postings for period ending December 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies.    2013 Workopolis.





# THE ULTIMATE

## IN PRE-OWNED CERTIFIED

WWW.LEXUSSOUTHPOINTE.COM

# ONE YEAR ANNIVERSARY



4 TO  
CHOOSE FROM



### 2008 Lexus ES350

Auto, leather, sunroof, low kms.  
L300148B

only **\$19,750**



### 2013 Lexus ES350

Auto, leather, sunroof, only 11000kms.  
L300093

only **\$35,850**



### 2009 LEXUS RX350

Auto, leather, premium pkg with nav.  
L400174A

only **\$27,850**



### 2010 Lexus RX350 AWD

Auto, leather, sunroof, premium package,  
only 53000kms. L400243A

only **\$36,850**



### 2010 Lexus RX350 AWD

Auto, leather, sunroof, premium package.  
L300533B

only **\$33,850**



### 2009 Lexus ES350

Auto, leather, sunroof.  
L300194A

only **\$20,750**



### 2012 Lexus RX350 AWD

Auto, leather, sunroof, premium package,  
2 only, 21000kms. L300730A

only **\$42,850**



### 2012 Lexus RX450h AWD

Auto, leather, sunroof, navigation, Touring  
package, only 44000kms. L4D0298A

only **\$51,850**



### 2012 Lexus IS250

Auto, pw, pl, only 11000kms.  
L400034A

only **\$28,850**



### 2013 Lexus RX350 AWD

Auto, Ultra premium 2 package with Blind Spot  
Monitoring, only 1100kms like new. L400082A

only **\$56,850**



### 2013 Lexus RX350 AWD

Auto, pw, pl, only 13000kms.  
L300141

only **\$43,850**



### 2009 Lexus RX350 AWD

Auto, leather, sunroof, low kms.  
LUC008

only **\$25,850**

# LEXUS

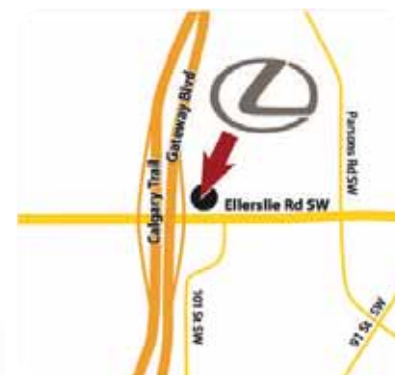
## SOUTH POINTE

780-989-2222

www.lexussp.com

On the Corners of Ellerslie and Gateway Blvd. SW

All prices plus GST. See dealer for details.







# PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting, but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a \$770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

masses in North America and beyond.

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her

partner to buy a pricey item off her delivery-room wish list. Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgment.

**Isn't the miracle of life gift enough?**

**Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.**

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

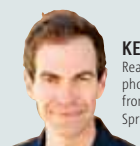
### Why hello there, Miss Bear



KEVIN DIETRICH/SOLENT NEWS

**Metro Q&A with photographer**

#### 'Not a man in a bearsuit'



**KEVIN DIETRICH**  
Realty broker/amateur  
photographer, 33,  
from Steamboat  
Springs, Colo.

**Where did you take this amusing photograph?**  
In the Chugach National Forest in Alaska. My brother

and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

**Did you feel in any danger being close to a grizzly?**

Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a pho-

tograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

**What has been the reaction to your picture?**

Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing

aspect.

**What does this image represent? Is it more than a shot of a cute bear?**

In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

**INTERVIEW BY ANTHONY JOHNSTON/  
METRO WORLD NEWS**

## WE ACT: CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller



CONTRIBUTED

struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

**What will this camp mean for the families who visit?**

It will give them a break from the pain and suffering they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

**Where do you get your motivation to keep getting involved?** Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

**CRAIG AND MARC KIELBURGER**

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

**Who:** Bonnar Dowler, visionary, quiet hero, and expert hotdog griller

**Where:** Summerland, B.C.

**What:** Founded Agur Lake Camp

**Why:** Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own

**WE WANT TO HEAR FROM YOU:**

Send us your comments: [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)



**President** Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shroat • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Edmonton** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Cheryl Skogg • **Distribution Manager** Jim Hillman • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO EDMONTON** Suite 2070, 10123-99 Street Edmonton, AB T5J 3H1 • **Telephone:** 780-702-0592 • **Fax:** 780-701-0356 • **Advertising:** 780-702-0592 • **adinfoedmonton@metronews.ca** • **Distribution:** [edmonton\\_distribution@metronews.ca](mailto:edmonton_distribution@metronews.ca) • **News tips:** [edmonton@metronews.ca](mailto:edmonton@metronews.ca) • **Letters to the Editor:** [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)

# SCENE 2

## DVD review



### You're Next

Director: Adam Wingard

Stars: Sharni Vinson

You don't need anybody to fingerprint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

# It was all a dream ...

**Born Sinner.** J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

EMILY LAURENCE  
Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile.

But despite all the big names, Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of cre-

## Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

ating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals.

"Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the brag-worthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy.

"I learned a long time ago to be somebody that people can relate to and then slip in the messages I want," he explains.

"I want to change the way people feel about themselves not just on a physical level, but the way black



J. Cole is doing well with this rappin' stuff. CONTRIBUTED

people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When I was a kid, I painted this Nike sign on a brown board with these watercol-

ours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

BRIDAL  
FANTASY™  
Group

WIN

\$100,000

JAN 19 SUN  
EXPO Centre

IN PRIZES & SWEEPSTAKES

Including a Fantasy honeymoon

TICKETS AT [www.bridalfantasy.com](http://www.bridalfantasy.com)





# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



### Poehler's man-pal wages war against Bono post-smooch

MELINDA TAUB

Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical. Since she didn't have a seat in the audience, she sat on Bono's lap when her nomination

was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono.

Poehler's boyfriend Nick Kroll, comedian and star of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.

## E! airs cringe-worthy Parkinson's comment

Fun fact: People suffering from degenerative diseases don't make great fodder for cute pop-ups during award shows. E! learned this the hard way when they aired the "fun fact" during the Golden Globes red carpet pre-show that Michael J. Fox was diagnosed with Parkinson's disease in 1991. Twitter immediately blew up with users furious that the channel

would make light of the actor's longtime struggle with the disease, mostly because the wording was just so bad. That Fox was diagnosed with the disease in 1991 was indeed a fact. In no way is it fun. The network quickly realized their error and issued an apology to the actor, stating that they "understand the serious nature of the disease and sincerely apologize."

## Twitter



@Sethrogen

I'm a little behind on the globes but HOLY S---! Christopher Plummer won for Beginners!



@SteveCarell

Every six years I purchase a can of Underwood Deviled Ham thinking that it will be something other than what it is.



@WhitneyCummings

Hey somebody send me a text so I can over analyze it!



## Confidence in every element.

Enjoy a 0.9% finance rate on ALL 2010-2012 Certified Pre-Owned vehicles + the control of 4MATIC™ permanent all-wheel drive on select models.

Mercedes-Benz  
CERTIFIED  
Certified. Affordable. Luxury.™



Buying Certified gets you:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

Visit [davidmorrisfinecars.com](http://davidmorrisfinecars.com)

0.9%\* for 24 months



2011 GLK 350 4matic™, \$36,555 +GST

Stock # shown P11-10236

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, [davidmorrisfinecars.com](http://davidmorrisfinecars.com)

Mercedes-Benz STAR DEALER



© 2014 Mercedes-Benz Canada Inc. \*0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2010-2012 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2010 model: \$25,000 at 0.9% per annum equals \$1051.46 per month for 24 months. Cost of borrowing is \$235.05 for a total obligation of \$25,235.05. Down payment may be required. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end January 31st, 2014.



# HIMYM star smiles it forward

## Alyson Hannigan.

The *How I Met Your Mother* actress talks to Metro about some of the surprises that parenting brings

EMILY  
LAURENCE  
Metro World News

*How I Met Your Mother* star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate \$1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

**You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?**

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which [are] very colourful.



How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

**That must be interesting.**

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie, black is all the colours — I'm

wearing them all!"

**Who do you go to and trade parenting advice with?**

I talk to the other moms at my daughter's school and my best friend, Pamela Fryman,

who is the director of *How I Met Your Mother*. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

**Which one of your co-stars**

**is the best with kids?**

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies .... He likes to keep his distance, but he's really good with them.



Intouchables

## Science IN THE Cinema

ASK A HEALTH RESEARCHER: IS IT SCIENCE OR FICTION?

Thursday, January 16th, 2014. 6:30 – 9:00 PM

**An aristocratic quadriplegic hires a young man from the projects to be his caregiver.** Dr. Karim Fouad will introduce the film. Dr. Fouad is Professor and AIHS Senior Scholar, Faculty of Rehabilitation Medicine, and member of the Centre for Neuroscience, University of Alberta. He will host a discussion about spinal research after the film.

14<sup>A</sup>



**FREE**

admission & popcorn

**Metro Cinema**

at the

**Garneau Theatre**

8712 - 109 Street  
Edmonton

[aihealthsolutions.ca/sitc/](http://aihealthsolutions.ca/sitc/)

Like us on Facebook:  
Science in the Cinema



Review

## Get fit with the help of celebrities



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
scene@metronews.ca

Nike Training Club iPhone/Android Free  
You don't actually work out alongside Maria Sharapova. Instead, she and other celebrity athletes show you the steps before abandoning you to an uninspiring timer in this otherwise feature-rich fitness trainer.



# Bundle up to prevent frostbite

## Perils of cold weather.

Frostbite can start developing within seconds in bitterly cold sub-zero temperatures

It seemed to Karl Zebarth like a good idea at the time: he had just left a friend's New Year's Eve party and decided to dash through the park to his nearby home in Georgetown, Ont., a shortcut taken before without incident.

But Zebarth, dressed only in a light sweater and jeans, slipped on the slick surface left by the pre-Christmas ice storm and cut his hands, which he'd thrown out to break his fall.

He couldn't get up. "I had drunk a little, but not a lot. It was just the ice," says Zebarth, 24, who was rescued by a young couple walking by who heard his calls for help and summoned an ambulance.

The temperature with the wind chill was close to a frigid -20 C that night, and within minutes frostbite had begun to set in on his gloveless hands.

## Signs and symptoms of frostbite

- A slightly painful, prickly or itching sensation
- Red, white, pale or greyish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Clumsiness due to joint and muscle stiffness
- Skin that has turned black, indicating gangrene

"They were terrible," he says of his fingers. "They were very swollen, very colourful — black, purple, yellow — and they were losing a bit of skin. I started getting blisters that started bleeding."

Depending on how low the temperature plunges, frostbite can start developing within seconds in exposed body parts like the nose, earlobes, fingers, hands and toes, explains Dr. Marc Jeschke, director of Sunnybrook Hospital's burn unit, where Zebarth spent a week being treated.

As with burns, there are different degrees of frostbite, ranging from superficial — often called frostnip — to extreme deep freezing that can even destroy bone.

Exposure to bitterly cold temperatures causes blood and other fluids in the tissues to crystallize, "almost like a freezer," says Jeschke.

"At the beginning, it's painful," he says. "We all know this when we go out and shovel snow — all of a sudden it's painful. Then after a while, because of the crystallization and the cold, it has an anesthetic effect. It means you don't feel it."

If someone suspects they have frostbite, they should get indoors and bathe the affected area in lukewarm water — not hot, as that can cause more damage — and take ibuprofen for pain and inflammation, says Jeschke.

THE CANADIAN PRESS



As with burns, there are different degrees of frostbite. ISTOCK IMAGES

# Banks can go over the top with overdraft protection

**Avoid overspending with cash control.** But if you must to do it search for a fixed fee, watch for greedy charging plans



**GAIL VAZ-OXLADE**  
life@metronews.ca

I've worked with a lot of people who have overdraft protection, and I hear from many more every month. While there are pros and cons to overdraft protection, most people sign up without really understanding what they're "buying."

Overdraft protection is usually sold to people when they open their accounts as the way to ensure that bounced cheques don't ruin their credit ratings. When you try to spend money

## Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

you don't have in your account, the bank covers the withdrawal — be it a cheque, debit or cash withdrawal.

Don't confuse the kind of overdraft protection you "buy," for which you sign an agreement, with what some banks call "bounce protection" or "courtesy overdraft protection" which they offer to save you from the embarrassment or hassle of a returned cheques, which can be very expensive.

The average courtesy overdraft fee runs to about \$29 a

month, but fees can be substantially higher depending on how undisciplined you are. And since the fee is levied regardless of the amount you go into overdraft for, it can be astronomical when you calculate it as a percentage of the "loan."

One woman wrote me to say that she was appalled when her statement came in and she had over \$160 in bounce fees. Some banks are trying to make their OD protection even more profitable by charging up to \$5 for every business day an overdraft is created or increased. So if you go into overdraft on the 12th, you'll be dinged with a \$5 charge. Buy something for \$1.25 the next day and go further into your overdraft and you'll be dinged with another \$5 fee. Ouch! I'm all for the traditional overdraft protection for which you sign an agreement so you know what you'll



you can't spend whatever you want, whenever you want because overdraft protection is there to catch you like a safety net. ISTOCK

pay in interest, and for which you pay a flat monthly fee.

This is particularly true if you're in a transition: getting separated or divorced, moving or changing jobs. An overdraft protection plan beats the pants of NSF fees and the bruise on your credit report. And it is far less expensive than the pay-as-you-go option. What I'm not down with is the idea that overdraft protection gives people

a license to ignore their cash management. No, you can't spend whatever you want, whenever you want, because overdraft protection is there to catch you like a safety net. And you're not allowed to live in overdraft, squeaking into the black for a couple of days twice a month when your paycheck passes through your account. While some of you might think, as I do, that overdraft

protection is a short-term affair — most last only about five days or less — I've met oodles of people who practically live in overdraft. And, ya know what?

The banks don't mind one little bit when you go into overdraft, since overdraft interest rates are well above regular lending rates. One bank I checked charges 21 per cent interest on your outstanding overdraft balance, along with the fee that going into overdraft automatically triggers.

The solution is to manage the cash in your account so you don't try to spend money you don't have. How do you do that? Easy. You use a spending journal to track what's going into and coming out of your bank account. If you think that sounds like too much work, you're a dope. Staying out of overdraft will save you a bundle.

## No more credit card debt...really!

Yes! You can finally get rid of your credit card debt! A **consumer proposal** helps you negotiate your debts into one manageable monthly payment that suits your needs, protects your assets and you may even **reduce your overall debt - including credit cards.**

Free, no obligation consultations:

Toll free: **310-8888** or visit **gt.alger.ca**

Evening and weekend phone consultations available!



Karen Horvath & Freida Richer



**Grant Thornton**

Proposal Administrators | Debt Counselling  
Debt Restructuring | Trustee in Bankruptcy  
© Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd.

# GET A NEW START WITH ROBERTSON

The new year is often a time when people decide to make positive changes in their lives.

If you are looking at getting a new career or changing your current position, there are a number of factors to consider.

Deciding what you would like to do is often the most difficult question to answer, but for those who are unsure, Robertson College may be able to help.

Why not start with a basic administrative program, which will allow you to be employment-ready in less than four months? This program will provide you with training in computers and customer service required to get you started in any business environment.

Or you can take a more specialized approach with the administrative professional program, with the options of bookkeeping, payroll or legal compon-

ents added on to further enhance your education and allow yourself even more opportunities for employment.

Each of these programs includes a practicum allowing you the opportunity to practise your skills in a job setting.

Robertson College will assist you in finding the right direction for you and your career.

For more information, please visit [robertsoncollege.com](http://robertsoncollege.com).



COLOURBOX



SYDA PRODUCTIONS/COLOURBOX

## DESIGNING THE FUTURE AT DIGITAL COLLEGE

The federal government is now recognizing the value of the contributions that private career colleges are making to Canada's economy.

In a recent press conference, Jason Kenney, Minister of Employment and Social Development and Minister for Multiculturalism, referred to private career colleges as the "unsung heroes in our educational system."

Digital School Technical Design College is designing the future as Alberta's

premiere drafting, design and building information modelling college.

"We are continually hearing from employers and industry leaders how the need for qualified drafters is growing and growing, not only in Alberta, but around the world," says Brady Sylvester, assistant manager, Digital School.

"The field of computer-aided drafting is one that will never stop changing and looking for ways to do things better, and that's where Digital School really

shines with our emphasis on training our students in the latest software and techniques."

One of the ways Digital School is thinking ahead is by offering courses like BIM (building information modelling).

Digital School is a private career college offering computer-aided design courses (CAD) where students can earn a degree in less than a year, either full time, part time or online.

For more, please visit [digitalschool.ca](http://digitalschool.ca).



**Apply for admission before March 15<sup>th</sup>, 2014** and you'll be entered to win a free year of tuition, plus weekly prize draws for 1 of 9 iPad minis.

Visit [uregina.ca/futurestudents](http://uregina.ca/futurestudents) to learn more.

**Improve your odds!** The sooner you apply, the more chances you'll have to win an iPad mini!

University  
of Regina





CONTRIBUTED



PRESSMASTER/COLOURBOX

# PUT SKILLS TO USE WITH U OF A

Step into a new management role with confidence — in either a new job or existing career — with the right training.

For individuals or organizations looking to increase leadership potential, the University of Alberta faculty of extension has a number of management training programs to stimulate and enhance leadership capabilities.

“Our courses are designed to be immediately relevant and capable of being practised,” says Sandra Lacza, program unit lead for Management and Leadership, University of Alberta faculty of extension. “Individuals who take our programs and seminars can learn specific management skills that they can take back to their places of employment and immediately put to use.”

The faculty of extension offers a number of different types and levels of management training.

These training options include taking an individual course if there is something you would like to specifically learn. Or, if you are looking for a fuller, enriched learning opportunity, the management development certificate program prepares and shapes individuals to join management teams.

“Too often, we see employees who are hoping for a promotion — or sometimes even get a promotion — into management, yet struggle to make the required transition of responsibility,” Lacza says. “Often it can result in subpar performance, high stress levels or a combination of these.”

“Management development is important because it addresses some of these dangers and challenges head on.”

She adds that the program prepares individuals for the challenges they will face, and when those challenges do occur, they are approached with confidence, competence and capability.

The faculty of extension also has more targeted certificate programs in human resources management and information technology management, and offers management seminars.

“These short one- or two-day seminars zero in and focus on a specific skill needed to effectively manage organizations,” Lacza says.

For organizations looking for management training for employees, the faculty of extension offers in-house training, group training or shorter programs designed for an individual organization to meet the specific needs of the client.

For more information about the management programs available through the University of Alberta faculty of extension, visit [extension.ualberta.ca/management](http://extension.ualberta.ca/management).



## PREPARE FOR APPRENTICESHIP JOBS IN ALBERTA'S PLUMBING, INSULATION AND SHEET METAL TRADES.

Jump-start your career in the sheet metal trade.

Learn practical knowledge and safe work habits from industry professionals through a combination of in-class study and hands-on training. Whether you're just starting your career or making a career change, these evening and weekend courses make it convenient for you to keep up with life commitments while preparing for a well-paying job in the trades.

NAIT's sheet metal Job Readiness grads are prepared to meet the needs of employers and industries.

Visit [nait.ca/jobready](http://nait.ca/jobready) for more information. Enrol today.  
Classes start February 11, 2014.

A LEADING POLYTECHNIC  
COMMITTED TO STUDENT SUCCESS



# ACCELERATE YOUR CAREER AT EXCEL

The Excel Academy, established in 2000, is licensed under the Private Vocational Schools Act by Alberta Advanced Education and operates under the umbrella of the Excel Society.

The Excel Society celebrates 50 years of operation this year as a non-profit society dedicated to enabling people with disabilities and mental health issues to develop their full potential through employment and community living.

As a non-profit organization, it is also able to provide high-quality training at significantly lower tuition rates than most other training institutes.

Register now for January classes and be career-ready in as little as 17 weeks.

The Excel Academy offers the community support worker certificate and the health-care aide provincial curriculum certificate programs. Full-time programs start Jan. 27.

Additionally, the health-care aide prior learning assessment and recognition program provides learners with previous experience the opportunity to obtain their certificate in a shorter period of time and at a lower cost.

An extensive professional development and training calendar can also be individualized to company needs.

For more information, call 780-441-7999, or visit [excelacademy.ca](http://excelacademy.ca).



CONTRIBUTED



CONTRIBUTED

## CONCORDIA SCHOLARSHIPS OPEN DOORS

While most students leaving high school plan on attending a post-secondary institution, many of these students are not financially prepared to take on this responsibility.

That is where entrance scholarships, like the one available at Concordia University College of Alberta, comes in handy.

"I like to think of entrance scholarships as free money," says Margie Schoepp, financial aid and awards co-ordinator.

"It doesn't have to be repaid like a

loan and it's also a reward for applying yourself in high school."

If you have applied yourself in high school and demonstrated you have the academic skills to succeed, you may be eligible.

And Schoepp says Concordia likes to reward success.

"Our entrance scholarship program opens doors and possibilities for students," she says.

Concordia offers a guaranteed entrance

scholarship for high school applicants who are entering university with a minimum 75 per cent or higher award average.

Applicants must apply for admission prior to April 1 to be considered — there is no separate application to fill out.

The scholarship can be renewed every year of the student's degree program provided they keep their grades up.

For more information, please visit [financialaid.concordia.ab.ca](http://financialaid.concordia.ab.ca).

**EXCEL  
ACADEMY**

Looking for a career that  
will lead you to reach  
**NEW HEIGHTS?**



Community Support Workers take an active role supporting individuals with developmental and physical disabilities and those with mental health illnesses to have meaningful and active lives in their communities.

### High Job Prospects

- Be career ready in 17 weeks

### Affordable Prices

- Tuition – \$2250

### Caring and Holistic Setting

- Small class sizes give you more instructor support

### Health Care Certificate Programs also available

Located at 10766 – 97 Street

**New Classes  
Starting January 2014.  
Apply Now!**

780-441-7999 • [EXCELACADEMY.CA](http://EXCELACADEMY.CA)

social

justice

matters



## Social Work Education

IN EDMONTON

### BSW Info Sessions

Tuesday, Jan. 14th, 12:00 noon

Thursday, Jan. 30th, 12:00 noon

Thursday, Feb. 13th, 5:00 pm

444, 11044 Whyte Ave, Edmonton • 780.492.3888

Apply now for fall 2014 admission to the undergraduate program. BSW admission routes for post-diploma and university transfer applicants. MSW admission routes for both BSW and other degree holders (admitting every other year on odd-numbered years).

Prospective students: [fsw.ucalgary.ca/fswcentralandnorth](http://fsw.ucalgary.ca/fswcentralandnorth)

BSW APPLICATIONS RECEIVED UNTIL MAR. 1, 2014.

Equality • Collaboration • Diversity • Individuals • Families • Communities



# HELPING OTHERS

## AS A SOCIAL WORKER WITH U OF CALGARY

Social work is a vitally important profession, rooted in values of social justice and concern for humanity.

“As a profession, social work is concerned with issues of fairness and equality,” says Dr. Anne-Marie McLaughlin, associate director, academic for the Central and Northern Alberta Region of the faculty of social work, University of Calgary.

The University of Calgary social work program is the only degree-granting university program in the province.

“We offer a variety of programs to fit diverse needs of students,” McLaughlin says.

Besides the traditional full-time, two-year BSW program, it also offers an MSW program designed to allow practicing



CONTRIBUTED

social workers to obtain graduate-level education through a part-time program delivered on evenings and weekends.

“We also offer a route to graduate education for those students who have an undergraduate degree outside of social work — our MSW foundation program.”

The undergraduate BSW program is a full-time program and students are admitted every year. The graduate MSW program admits students in the fall term each odd-numbered year, with the next intake in 2015.

For more information about the faculty of social work, visit [fsw.ucalgary.ca/fswcentralandnorth](http://fsw.ucalgary.ca/fswcentralandnorth).

# ACADEMY OF LEARNING IS A LEADER IN TRAINING

While a post-secondary education is a valuable asset for any individual, colleges, especially those with programs aimed at practical skills training and career education, are gaining ground on turning out graduates who will run the economy of the future.

Among these are career colleges like the Academy of Learning Career College.

Academy of Learning has been a leader in individualized, multimedia career training in Canada for more than 25 years.

“We’re very pleased to see more recognition of everything career colleges can do for people,” says Charles Jarvis, general manager, Academy of Learning Career College. “The emphasis on the effects our training has on the economy is spot on because we have one mission — to give you the skills you need to get a good job.”

“At Academy of Learning Career College, we are always studying labour market trends to ensure we are offering the programs people need, and our gradu-



SYDA PRODUCTIONS/COLOURBOX

ate employment rates show that we’ve been doing the right thing in those areas for decades.”

Academy of Learning’s integrated learning system makes it easier and more accessible for students to get an education in less than a year in areas such as health care, business, office administration, IT, web design, accounting and more.

For more information, please visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

## Management Programs



UNIVERSITY OF ALBERTA  
FACULTY OF EXTENSION



### Citation Programs

Supervisory Development  
Business Analysis  
Social Media Strategic Marketing  
Social Media Communications  
Entrepreneurship

### Certificate Programs

Management Development  
Human Resources Management  
Information Technology Management  
Risk and Insurance Management

### Business Seminars

Financial Management  
Workplace Coaching  
Conflict Resolution

Management Bootcamp  
Workplace Communication

780.492.3027  
[extension.ualberta.ca/management](http://extension.ualberta.ca/management)

# JUMP-START A SHEET METAL CAREER

A career in the sheet metal trades starts with NAIT's job readiness courses.

Sheet metal workers typically work with a range of materials, including plastic, stainless steel, copper, PVC, black iron, galvanized steel and fibreglass.

They are generally employed by HVAC contractors in residential, commercial and industrial settings, or

become self-employed.

Provincial employers are actively seeking workers and support the job readiness course as a great way for individuals to get a jump-start into the trade and a successful career.

"The sheet metal job readiness course is an ideal way into the trade," says Gary Kesenheimer, associate chair of the NAIT

sheet metal department. "Students get practical experience that they can demonstrate to an employer and land a job. We have the equipment and instructors here to get people into a great career path."

NAIT graduate Darren Broesky, a sheet metal journeyman and co-owner of Total Plumbing & Heating, speaks highly of the sheet metal trade.

"You get to do your own designs and learn about building construction. It's clean and creative and at the end you appreciate what you build. Every job is unique and challenging."

There are many career options, including furnace and ductwork installation, furnace and air conditioning servicing

and retrofitting of residential and commercial heating systems.

Regardless of what area in which you choose to practise your trade, NAIT's job readiness courses will prepare you for a rewarding career.

The sheet metal job readiness course runs part time evenings over a two-month period starting Feb. 11. Upon successful completion, graduates earn a certificate they can present to potential employers, demonstrating they have gained practical experience and have the commitment to enter into a sheet metal apprenticeship.

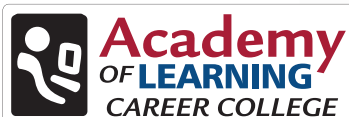
For more or to register, call 780-471-6248 or visit [nait.ca/jobready](http://nait.ca/jobready).

## NEXT STOP, COLLEGE.

Academy of Learning Career College prepares students for a future full of opportunity.

### TRAIN FOR A NEW CAREER IN ONE YEAR OR LESS!

Health Care Aide  
Medical Office Assistant / Unit Clerk  
Legal Administrative Assistant  
Hotel and Tourism Management  
Marketing Coordinator  
Payroll Administrator  
Business Management  
Network Administrator  
Web Designer  
and more!



[www.academyoflearning.ab.ca](http://www.academyoflearning.ab.ca)

EDMONTON DOWNTOWN (780) 424-1144 EDMONTON SOUTH (780) 433-7284 WEST EDMONTON MALL (780) 496-9428



Call Today for more information



CONTRIBUTED

## ARTS at CONCORDIA

Concordia offers a three or four year Bachelor of Arts programs.

### Bachelor of Arts

#### Four Year Majors

English  
Music  
Sociology  
Psychology  
(Applied Emphasis)

Religious Studies  
Religious Studies  
(Applied Emphasis)

#### Three Year Concentrations

Drama  
English  
French  
History  
Philosophy

Political Economy  
Psychology  
Religious Studies  
Sociology



CONCORDIA  
UNIVERSITY COLLEGE OF ALBERTA

7128 Ada Blvd.  
Edmonton, AB  
T5B 4E4

[www.concordia.ab.ca](http://www.concordia.ab.ca)



# PRACTISE WHAT YOU ARE TAUGHT IN CLASS

## CO-OP PROGRAM ENHANCES SKILLS AND LEARNING

Students in the University of Regina's co-operative education (co-op) program earned \$9.7 million in wages in 2013. But it's not just the promise of a paycheck that draws students to the program.

"Being able to practise and experience what you're taught in class and getting paid is the perfect balance," says Esther Edoho, a University of Regina student in the faculty of business administration. "Another perk is that you get to work with professionals in your field of study — they have offered me advice on how to progress with my future career and what I will need to know to stand out when it comes time for interviews."

Sydney Gossard is in her final year of studies with the faculty of arts (English) and centre for continuing education (public relations certificate) at the University of Regina. She agrees that the co-op

program provides relevant experience.

"My academic experience hasn't been trumped by my co-op experience, but rather enhanced," Gossard says. "The skills and values I could have only gained from the classroom are put to use in my work placements, and then further adapted into specific tasks and projects."

Since its inception in 1969, the university's co-op program has had a record of 835 career-related placements in 2013 — a 45 per cent growth in the last seven years. With more than 50 programs to choose from, students from the faculties of arts, business administration, engineering and applied science and science are benefitting from an average of 12 to 16 months of supervised work experience by the time of graduation.

"I have been able to use skills specifically related to my degree — my writing skills, my communication skills, my creativity," says Gossard, who is certain this experience will aid her in the future.

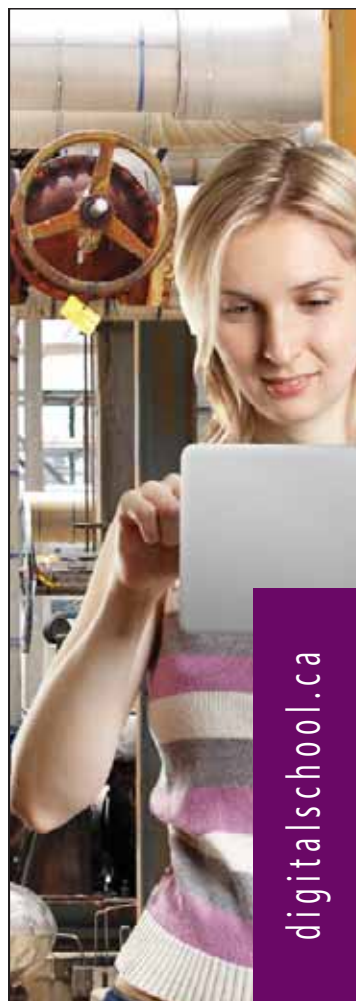
In addition to the co-op program, both students have taken advantage of other services offered at the University of Regina's career centre, which offers



SYDA PRODUCTIONS/COLOURBOX

workshops on resumé writing and interviewing, long-term career goal setting, and career and volunteer fairs.

For both students, the university's career centre has bridged the gap from classroom to career.



digitalschool.ca

## THEY CAN'T BUILD IT UNTIL YOU DESIGN IT

**DESIGN YOUR FUTURE IN ONE YEAR OR LESS!**

- Architectural CAD Technician
- Engineering CAD Technician
- Engineering CAD Technician with Process Piping Specialization
- Computer Aided Drafter
- Online Programs and Courses
- and more!

**DIGITAL School**  
technical design college

**1-877-414-0200**

#304, 10205-101 STREET, EDMONTON

# Become a Legal Administrative Assistant.

Includes Immigration Law.

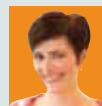
New classes start February 24

**Call 780.705.6633 or [www.robertsoncollege.com](http://www.robertsoncollege.com)**  
300-10115 100A Street, Edmonton

# Almond Flour Brownies get Paleo-friendly, high-nutrient makeover

## Health Solutions

### A flour substitute — with a warning



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour recipes may be a good idea for you (or on occasion).

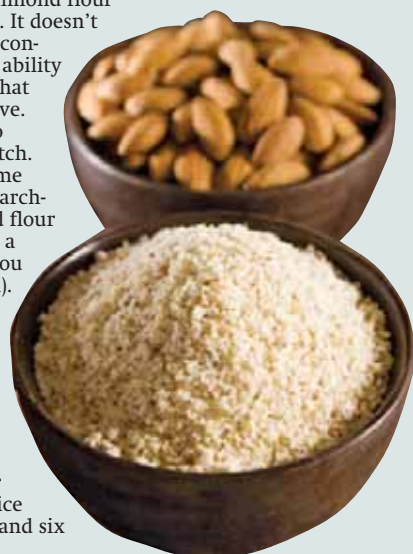
- Almond flour contains more protein than wheat flour, and has no gluten.
- Almond flour contributes twice the potassium and six

times more calcium than wheat flour.

- One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also benefit from added nutrients.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**TOTAL TIME**  
ABOUT 30 MINUTES

This recipe serves 12. COURTESY THERESA ALBERT

**THERESA ALBERT**  
myfriendinfood.com

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

**1.** Butter an 8-inch square baking dish and preheat

## FLASH FOOD



From your fridge to your table in 30 minutes or less

oven to 350 F.

**2.** In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

**3.** Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and cocoa powder. Pour into pan.

**4.** Bake for about 22 - 25 minutes just until edges begin to set.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

## DO YOU HAVE HIGH BLOOD PRESSURE?

Researchers at the University of Alberta want to find out if the blood pressure devices that are located in many pharmacies produce comparable measurements to 24-hour blood pressure measurements (considered the gold standard).

If these devices are comparable, patients may be able to be managed using readings from their local pharmacy instead of having to go to their doctor's office to have their readings taken.

If you are interested in learning more about this Clinical Trial, please contact Kristi (780) 492-6156 or Rebecca (780) 492-1098 at the Alberta Diabetes Institute.

You may be reimbursed for your expenses and compensated for your time.



**(780) 492-1098 or (780) 492-6156**

## Dessert. Chocolate Chip Cookies

When these easy-to-make cookies are still warm (or if they aren't, put them in the microwave for a few seconds), make a cookie sandwich using a spoon of ice cream.

**1.** Preheat oven to 375 F (190 C). Butter large baking sheets or line with parchment paper.

**2.** In a large bowl, using an electric mixer, beat butter, both brown and granulated sugars and vanilla until fluffy. Beat in egg. Add flour, baking soda and milk and stir with a

wooden spoon until blended. Stir in chocolate chips.

**3.** Drop by heaping tablespoonfuls (15 ml) onto prepared baking sheets, at least 3 inches (7.5 cm) apart.

**4.** Bake, one sheet at a time, for 10 to 15 min or until golden around the edges and set in the centre. Let cool on sheets for 2 min, then transfer to racks to cool.

**THE CANADIAN PRESS/ ANDREW CAMPBELL OF BELLSON FARMS IN STRATHROY, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)**

## Ingredients

- 1/2 cup (125 ml) butter, softened
- 1/2 cup (125 ml) packed brown sugar
- 1/4 cup (60 ml) granulated sugar
- 1/2 tsp vanilla
- 1 egg
- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 tsp (2 ml) baking soda
- 1/2 cup (125 ml) milk
- 1-2 cups (250 - 500 ml) chocolate chips



MLB

## A-Rod sues league, players' union

Alex Rodriguez sued Major League Baseball and its players' union Monday, seeking to overturn a season-long suspension imposed by an arbitrator who ruled there was "clear and convincing evidence" he used three banned substances and twice tried to obstruct the sport's drug investigation.

THE ASSOCIATED PRESS

Johnny Football

## Manziel teams with LeBron's associate, LRMR

Johnny Manziel confirmed Monday that he has signed with LRMR and Maverick Carter, the longtime friend and associate of LeBron James, to handle some of the 2012 Heisman Trophy winner's off-field projects.

The relationship with LRMR and Carter has been developing for some time. James said last week that he texted Manziel regularly throughout the quarterback's final season at Texas A&M.

THE ASSOCIATED PRESS

NFL

## Broncos CB comes up lame, tears ACL

Denver Broncos cornerback Chris Harris Jr. is out for the rest of the playoffs after an MRI on Monday revealed a torn ACL in his left knee.

The Broncos will take on the New England Patriots on Sunday for the AFC championship.

THE ASSOCIATED PRESS



Ilya Kovalchuk, pictured last May at the world championships, has suited up for Russia at 14 different competitions. GETTY IMAGES FILE

# Kovalchuk looking forward, not back

**Olympics.** Former NHLer at home in KHL, anticipating matchup against Canada in Sochi

Ilya Kovalchuk took his talents — a rare blend of skill, speed and strength — home to Russia last summer.

It doesn't sound as if Kovalchuk has any regrets about his abrupt retirement from the NHL.

The 30-year-old Kovalchuk likes life in Russia, where he can spend more time with his

family while playing for SKA St. Petersburg in the Kontinental Hockey League.

"I'm really enjoying everything here," Kovalchuk said in a telephone interview with The Associated Press after playing in Saturday's KHL All-Star game. "It's a great league. The game is different, but we are getting there. There are good players here for sure."

In any league, the six-foot-two, 230-pound forward is one of the best. He hits, he's fast and he can handle the puck. Oh, he can score.

Despite his scoring prowess, as well as that of play-

ers such as Alex Ovechkin and Pavel Datsyuk, the Russians didn't even make it to the medal round at the 2010 Winter Olympics. Canada humiliated Russia 7-3 in the quarter-final in a matchup of traditional powers that left Kovalchuk and Co. without a medal for the second straight games.

"It's old history," Kovalchuk said when asked what went wrong four years ago. "I'm looking forward to playing Canada in Sochi. If it's going to happen, it will be exciting."

Kovalchuk has represented Russia at three Olympics, in-

cluding the bronze medal-winning team in 2002, nine world championships, one world junior championship and the 2004 World Cup.

THE ASSOCIATED PRESS

### 'I'm young and got lots left'

For Canadian women's hockey player Hayley Wickenheiser's thoughts on the Sochi Olympics and retirement, go to [metronews.ca/gameon](http://metronews.ca/gameon) to watch a video interview.



# 4 SPORTS

► Max out your TFSA contribution, not your credit card.

ING  DIRECT  
forward banking™



[ingdirect.ca](http://ingdirect.ca)

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada.

# Raonic stays on top of heat Down Under

**Tennis.** Men's 11th seed begins Australian Open by defeating opponent in four sets

Milos Raonic began his Australian Open with a 7-6 (2), 6-1, 4-6, 6-2 defeat of Spain's Daniel Gimeno-Traver on Tuesday to reach the second round in sweltering temperatures.

Raonic, the 11th seed from Thornhill, Ont., was tested for nearly two and a half hours in the demanding heat that hovered just above 40 C.

The heat was even too much for one of the ball kids, who had to leave the court in the middle of the match.

Raonic finally put away the victory on his fifth match point against an opponent ranked 77th in a first-time meeting.

"The heat was not a problem, but I struggled with a gusting wind, it was moving



Milos Raonic won his first-round match at the Australian Open in four sets on Tuesday. GETTY IMAGES

## Canadian content

With his win on Tuesday, Milos Raonic will join compatriots Eugenie Bouchard, from Montreal, and Vancouver's Vasek Pospisil in the second round.

- Both Bouchard and Pospisil won their first-round matches on Monday.

- Canadian qualifier Frank Dancevic of Niagara Falls, Ont., was scheduled to face France's Benoit Paire in his opening match later Tuesday.

all around," said Raonic. "I also struggled to get back after losing my serve twice in the first set. I was very disappointed with that.

"But I feel I'm doing a lot of stuff better on returns, I can give myself opportunities this way."

Raonic took the victory with 21 aces, striking 48 winners and breaking on seven of 20 chances. The 23-year-old was frustrated as he tried to close out the contest but finally got the job done when he broke the Spaniard's serve.

THE CANADIAN PRESS



## Raps rout lame-duck Bucks

Shooting guard DeMar DeRozan shoots over the Bucks' Larry Sanders, left, and Ersan Ilyasova during the Raptors' 116-94 win on Monday night in Toronto. DeRozan had 19 points and point guard Kyle Lowry led the Raptors with 23 points. RENE JOHNSTON/TORSTAR NEWS SERVICE

## NHL

### Jets earn win in new coach's debut

The Winnipeg Jets found the energy they've lacked for weeks with a new coach on the bench and snapped a five-game losing streak by overwhelming the Phoenix Coyotes 5-1 on Monday night.

Olli Jokinen, Eric O'Dell, Blake Wheeler, Michael Frolik and Devin Setoguchi scored for the Jets (20-23-5), who outshot the Coyotes 38-19.

Oliver Ekman-Larsson scored for Phoenix (21-15-9) but it was the only shot Ondrej Pavelec would let in.

Fans didn't even wait until the game started to show how they felt about the coaching change.

Paul Maurice got his first cheer during the national anthem when his face showed on the scoreboard.

He took over after Claude Noel was sacked Sunday, ending his 2 1/2 years as the first coach of the Jets following the Thrashers' move from Atlanta and name change.

THE CANADIAN PRESS

Reading gives our kids better opportunities.  
It's time we did something for reading.  
Join us at [nationalreadingcampaign.ca](http://nationalreadingcampaign.ca)

Strong Supporters of Literacy

First it helps them get to sleep.

Then it helps them realize their dreams.

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	46	27	15	4	134	112	58
Montreal	46	26	15	5	117	107	57
Detroit	46	20	16	10	118	127	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
Columbus	46	22	20	4	129	131	48
New Jersey	47	19	18	10	108	117	48
Carolina	46	19	18	9	111	130	47
NY Islanders	47	18	22	7	130	152	43

#### Monday's results

Calgary 2 Carolina 0  
Columbus 3 Tampa Bay 2  
Winnipeg 3 Phoenix 1  
Vancouver at Los Angeles

#### Sunday's results

Buffalo 2 Washington 1 (SO)  
NY Islanders 4 Dallas 2  
Toronto 3 New Jersey 2 (SO)  
Chicago 5 Edmonton 3  
NY Rangers 4 Philadelphia 1  
Minnesota 4 Nashville 0  
Anaheim 1 Detroit 0

#### Tuesday's games — All Times Eastern

San Jose at Washington, 7 p.m.  
Tampa Bay at NY Rangers, 7 p.m.  
Toronto at Boston, 7 p.m.  
Philadelphia at Buffalo, 7:30 p.m.  
NY Islanders at Florida, 7:30 p.m.  
New Jersey at Montreal, 7:30 p.m.  
Ottawa at Minnesota, 8 p.m.  
Calgary at Nashville, 8 p.m.  
Phoenix at St. Louis, 8 p.m.  
Colorado at Chicago, 8 p.m.  
Edmonton at Dallas, 8:30 p.m.

#### Wednesday's games

Buffalo at Toronto, 7:30 p.m.  
Washington at Pittsburgh, 8 p.m.  
Vancouver at Anaheim, 10:30 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	48	20	23	5	133	146	45

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	45	21	15	9	134	141	51
Calgary	46	16	24	6	103	144	38
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

### SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

## NFL

### DIVISIONAL PLAYOFFS

#### Sunday's results

San Francisco 23 Carolina 10  
Denver 24 San Diego 17

#### Saturday's results

Seattle 23 New Orleans 15  
New England 43 Indianapolis 22

### CONFERENCE CHAMPIONSHIPS

#### Sunday, Jan. 19

New England at Denver, 3 p.m.  
San Francisco at Seattle, 6:30 p.m.

### SUPER BOWL

#### Sunday, Feb. 2

At East Rutherford, N.J.  
AFC champion vs. NFC, 6:30 p.m.

## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2 1/2
d-Toronto	19	17	.528	10
Atlanta	20	18	.526	10
Washington	17	19	.472	12
Chicago	17	19	.472	12
Detroit	16	22	.421	14
New York	15	22	.405	14 1/2
Brooklyn	15	22	.405	14 1/2
Charlotte	15	23	.395	15
Cleveland	13	24	.351	16 1/2
Boston	13	26	.333	17 1/2
Philadelphia	12	25	.324	17 1/2
Orlando	10	28	.263	20
Milwaukee	7	30	.189	22 1/2

### WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	30	8	.789	—
d-Portland	28	9	.757	1 1/2
Oklahoma City	28	9	.757	1 1/2
d-L.A. Clippers	26	13	.667	4 1/2
Houston	25	14	.641	5 1/2
Golden State	25	14	.641	5 1/2
Dallas	23	16	.590	7 1/2
Phoenix	21	16	.568	8 1/2
Denver	19	18	.514	10 1/2
Minnesota	18	19	.486	11 1/2
Memphis	17	19	.472	12
New Orleans	15	22	.405	14 1/2
L.A. Lakers	14	23	.378	15 1/2
Sacramento	13	22	.371	15 1/2
Utah	13	26	.333	17 1/2

#### d-division leader

#### Monday's results

Toronto 116 Milwaukee 94  
Houston 104 Boston 92  
New York 98 Phoenix 96 (OT)  
Washington 102 Chicago 88  
San Antonio 101 New Orleans 95  
Dallas 107 Orlando 88  
Utah 118 Denver 103

#### Sunday's results

Sacramento 124 Cleveland 80

Memphis 108 Atlanta 101

San Antonio 104 Minnesota 86

#### Tuesday's games — All Times Eastern

Sacramento at Indiana, 7 p.m.  
New York at Charlotte, 7 p.m.  
Oklahoma City at Memphis, 8 p.m.  
Cleveland at L.A. Lakers, 10:30 p.m.



## Horoscopes

### Aries

March 21 - April 20

Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

### Taurus

April 21 - May 21

Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

### Gemini

May 22 - June 21

You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

### Cancer

June 22 - July 23

Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

### Leo

July 24 - Aug. 23

It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

### Virgo

Aug. 24 - Sept. 23

The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

### Libra

Sept. 24 - Oct. 23

You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

### Scorpio

Oct. 24 - Nov. 22

You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

### Sagittarius

Nov. 23 - Dec. 21

You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

### Capricorn

Dec. 22 - Jan. 20

It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

### Aquarius

Jan. 21 - Feb. 19

You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

### Pisces

Feb. 20 - March 20

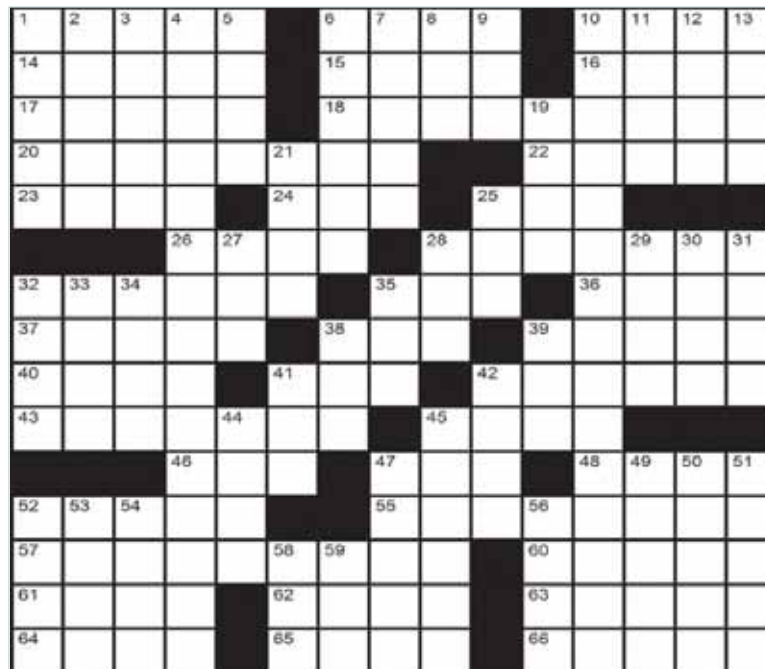
Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Fedora borders
6. Pitcher
10. \_\_\_ au lait
14. Till again
15. Amble
16. "I \_\_\_ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "\_\_\_ Inquest"
22. \_\_\_ whale
23. General Robert \_\_\_
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air matress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "\_\_\_ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, \_\_\_ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically



charged

52. Cognizant

55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.

57. Limit of \$\$\$ teams pay players in sports: 2 wds.

60. Functional

61. Writer Mr. Waugh

62. VP part

63. Summary

64. Glance

65. Prescriptions, commonly

66. Celebrating 50 Years: \_\_\_ University in Peterborough, Ont.

### Down

1. English composer, William \_\_\_

2. Like Queen Elizabeth

3. "That's all that \_\_\_" (There's no more)

4. 'Footloose' or 'Saturday Night Fever': 2 wds.

5. Visible

6. Atomic Number 68

7. Brooklyn Bridge tune: "\_\_\_ That Could Happen"

8. Ms. Longoria

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. \_\_\_ & The Gang
31. \_\_\_-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 5°  
MIN: -5°



MAX: 9°  
MIN: 6°



MAX: 1°  
MIN: -7°



MICHELE MCDUGALL  
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



BREAKFAST  
TELEVISION

**Do you like puzzles and games?**  
**Find out about the great game of Bridge**  
Edmonton Bridge Centre  
11810 Kingsway Avenue  
**Lesson Program starts soon!**  
**Info 780.451.6595**

**Adventure!**  
**Teach English Overseas**  
✓ TESOL Certified in 5 Days  
✓ In-Class or Online  
✓ No Degree Required!  
**1.888.270.2941**  
**Job Guaranteed!**  
Next in-class course: Jan 24th - 31st & Feb 1st - 2nd  
Next Seminar: Jan 14th, 2013 @ 7pm  
Room # SJ 102 - St Joseph's College, U of A, 11325 89th Ave  
**www.globaltesol.com**  
GLOBAL  
TESOL  
COLLEGE

The Boutique Bridal Show Everyone Is Talking About  
Where Fantasy Meets Reality  
**BRIDAL FANTASY**  
**JAN 19 SUN**  
EXPO Centre  
**WIN \$100,000** IN PRIZES & SWEEPSTAKES  
Including a Fantasy honeymoon  
TICKETS \$25 <sup>plus</sup> FASHION SHOWS 11:30am & 3:00pm  
TICKETS AT [www.bridalfantasy.com](http://www.bridalfantasy.com)

# EDMONTONHOUSE

## DOWNTOWN'S NEWEST RENTAL HIGHRISE

### Premium One Bedroom Suites

- fitness centre
- heated indoor pool
- balcony/patio
- convenience store on-site
- dry cleaning service
- close to river valley and parks
- close to public transit
- central downtown location
- on-site professional management
- 24-hour emergency maintenance service



1.888.420.6208

10205 - 100th Avenue

edmontonhouse@rentmidwest.com

  @rentmidwest



w w w . r e n t e d m o n t o n h o u s e . c o m

